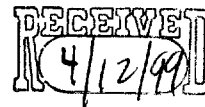


NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA



In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff® B Complex 100 with Iron #10134** bearing the statements set out below:

Weider Nutrition International, Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure-function claim for **B1, B2, Niacinamide, B6, Folate, B12, Biotin, Pantothenic Acid, Iron, Choline, Inositol & PABA** is as follows:

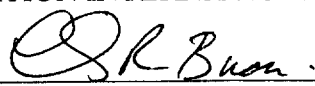
(Statement 1) Assists in the release of energy from foods.

(Statement 2) **B-Complex 100** with iron provides a full spectrum of B vitamins which assist in the release of energy from foods. Maintenance of health of all body tissues relies on adequate B Complex vitamin status.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 5th day of April, 1999.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: 
DR. LUKE R. BUCCI
Vice President of Research